



March 25, 2006

ROSELINE AGBOKE WINS TROJAN INVITATIONAL

LOS ANGELES, CA—Roseline Addo-Agboke won the Women's 800 meters in a season best **2:11.13** at the Trojan Invitational hosted by the University of Southern California (USC). The meet featured athletes from the University of Oregon, Washington State, Long Beach State, Cal State Northridge, Cal State Fullerton, Cal Poly SLO, Cal Poly Pomona, San Diego State, Cal State Los Angeles, UCSB, Cerritos College, Long Beach City College, and Pasadena City College. It was also a coming-out party for the new VS Athletics Track Club which had five athletes competing in seven events.

Carmelita Jeter opened her 2006 outdoor season by winning section-2 of the Women's 100 meters in **11.78**—the 4th fastest time of the day behind Melinda Smedley's leading 11.43 in section-1. She then came back to place 3rd in section-1 of the Women's 200 in **24.26** behind Carol Rodriguez of USC in 23.39. "Carmelita is getting it together, said VSA coach Cedric Hill. We're looking forward to her having a career year." Left unsaid was the disappointment that Carmelita (12th in the 2004 U.S. Olympic Trials) was not seeded into the fast section of the 100.

Off the track, 7616 point Decathlete **Grant Dennis** scaled **13'7 ¼"** (4.14m) in the pole vault, finishing with two close misses at 14'1". Not long afterwards, he ran the 110m Hurdles, placing 3rd in section-3 in **15.02**—not bad for his first hurdle race in a year and a half. "We're focusing on 2007, said VSA jumps and multi-event coach Dave Rodda, and trying to improve Grant's techniques in every event—particularly in the high jump."

While Grant did not compete in the high jump, **Matt Voelker** jumped **6'8 ¾"** (2.05m) for 6th place with two close misses at 6'10 ½". "Matt is ready to jump over 7'0" in better conditions," said Coach Dave Rodda. The day had turned cloudy and cold and the jumpers were jumping into the wind by the time the bar was raised to 6'10", causing Matt to experience calf cramps.

In the fast section of the women's 800, **Roz Agboke** and teammate **Aleksandra Deren** were positioned in 2nd and 3rd at 400m, when Cal Poly SLO's Cassie Atkinson surged to the front and quickly gapped the field by 20 meters down the backstretch. "When the pace slowed from 30+ to 34+ on the 2nd 200, Roz and Aleks should have been waiting for someone behind to bolt into the lead like that...and been poised to follow her, said VSA distance coach Skip Stolley. Even though they were slow to react, they both ran the last 200m in 31.8 and ran her down in the final 150, finishing in season bests of **2:11.13** and **2:11.84** respectively.

For complete results, visit...

<http://usctrojans.collegesports.com/sports/c-track/stats/2005-2006/trackresults.html>

CONTACT: **Skip Stolley**
Director/ Assistant Coach
VS ATHLETICS Track Club
825 16th Street /suite B
Santa Monica, CA 90403
Tel (310) 453-7655 Fax (310) 829-6926
Email [sstolley@aol.com](mailto:ssolley@aol.com)